



**If you have diabetes, you are at high risk for heart attack and stroke.**

Heart disease is more likely to strike you—and at an earlier age—than someone without diabetes.

**But you can fight back.** Be smart about your heart. Take control of the ABCs of diabetes and live a long and healthy life.

## A is for A1C

The A1C (A-one-C) test—short for hemoglobin A1C—measures your average blood glucose (sugar) over the last 3 months.

**Suggested target: below 7**

## B is for blood pressure

High blood pressure makes your heart work too hard.

**Suggested target: below 130/80**

## C is for cholesterol

Bad cholesterol, or LDL, builds up and clogs your arteries.

**Suggested LDL target: below 70**

**Ask** your health care provider these questions:

- 1 What are my ABC numbers?
- 2 What should my ABC target numbers be?
- 3 What actions should I take to reach my ABC target numbers?

**Take action now** to lower your risk for heart attack and stroke and other diabetes problems:

- ♥ Get physical activity every day.
- ♥ Control the amount of fat and salt.
- ♥ Eat enough fiber—choose whole grains, fruits, vegetables and beans.
- ♥ Stay at a healthy weight.
- ♥ Stop smoking—1-866-SD-QUITTS for help.
- ♥ Take medicines as prescribed.
- ♥ Ask your doctor about taking aspirin.
- ♥ Ask others to help you manage your diabetes.

**Be smart about your heart!**

**Keep a record** of your ABCs!

Tear off this card and keep it in your wallet so you can track your ABCs when you visit your health care provider. Work with your provider to reach your target numbers.

## My ABCs Record

A1C (Glucose average)		My A Target _____		
Date				
Result				
Blood Pressure		My B Target _____		
Date				
Result				
Cholesterol (LDL)		My C Target _____		
Date				
Result				

## My ABC Medicines

A1C (Glucose average) \_\_\_\_\_

Blood Pressure \_\_\_\_\_

Cholesterol (LDL) \_\_\_\_\_